



# Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal

Maritime House  
Southwell Business Park  
Portland, Dorset. DT5 2NA

Tel: 01305 820262  
Email: [Office@atlantic-aspirations.org](mailto:Office@atlantic-aspirations.org)

[www.atlantic-aspirations.org](http://www.atlantic-aspirations.org)

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Dear Parents/carers,

The Mental Health Support Team (MHST) works alongside Atlantic Academy to support the wellbeing of children and provide an additional source of support to families and schools. Their aim is to tackle the challenges children and young people experience, by helping them to feel more resilient, arming them with techniques to look after themselves and strategies to help them cope better with life's ups and downs.

As part of their ongoing work with Atlantic Academy, MHST is offering an **Anxiety Workshop on Thursday 12th February** from **3pm-4:15 pm in our Business Lounge at Atlantic Academy**. This workshop will be available for **primary** parents and carers.

The workshop is designed to support primary parents in understanding and responding to anxiety in children. It will give you the opportunity to explore common difficulties children experience with anxiety, how these can present at home and in school, and why some worries can feel overwhelming for young children. Whether your child experiences occasional worries or ongoing anxiety, this workshop aims to empower parents with knowledge, tools and confidence to support your child effectively.

There is an option of placing your child in enrichment after school if required whilst you attend the workshop.

Please complete the [Google Form](#) to confirm your attendance and if you require your child to be in after school enrichment.

If you have any questions, please do not hesitate to contact me.

Yours faithfully,

*Mrs L Savage*

Mrs Savage  
Deputy Designated Safeguarding Lead